



COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

Telephone 781-275-6825 E-mail: coa@bedfordma.gov

Website: <http://www.bedfordma.gov/council-on-aging>

Director: Alison Cservenschi

Elder Services Coordinator: Wendy Aronson • Administrative Assistant: Alissa Anderson

Daytime Dept. Assistant: Marianne Smith • Evening Dept. Assistant: Donna Sokolski

Saturday Activities Coordinator: Vicky Umanita • COA Board Chair: Allan Morgan

Protect Yourself From Medicare Fraud!

Did you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year? Come meet Pat McMillen, a representative of the Massachusetts Senior Medicare Patrol (MA SMP) Program on **Friday, September 9th, at 12:45 p.m.** at the COA and participate in a discussion on how to prevent, detect, report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations. This information workshop will provide you with the tools to become a more informed and engaged health care consumer. Please sign up and reserve your place for this presentation at the Bedford COA.



Aging in Place: When to Ask for Help

Marian Leah Knapp

"I have a hard time asking for help. I see myself as an independent, competent person who can take care of herself quite well without anyone's assistance. At least that is how I felt until some recent events altered my thinking profoundly and permanently. In my writings I always struggle a little with how much to share of my personal life. However, since one of my goals is to raise issues that others may face, I select situations from my experience which may resonate with others." Marian Leah Knapp lives in Newton, MA, writes a column on aging for her local newspaper, and actively works on issues that impact elders. Please sign up for **Friday September 23rd at 12.45pm** in advance by calling the COA.



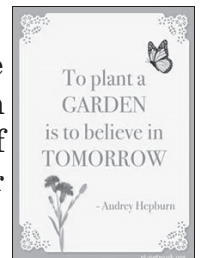
Exploring the Maine Coast

There is more to the Maine coast than rock cliffs and lighthouses. Join Carol and Ron Reynolds on Wednesday **September 14 at 1:00 PM** as they discover some hidden gems of coastal Maine. Visit some of the less known areas of Acadia National Park. Learn about the largest wooden sailing vessel ever built in North America. We hope you can join them!



How Does Your Garden Grow?

Do you have perennials that need separating and would like to share them with the COA? If so please bring them any week day in September to be part of our garden project, sharing the beauty of gardening with the community. Volunteers are on hand to plant, or help out yourself, to build upon our successful Garden Project.



Expanded Council on Aging Hours:

Monday:	8-4, 6-9
Tuesday:	8-4, 6-9
Wednesday:	8-4, 6-9
Thursday:	8-4
Friday:	8-4
Saturday:	11-4



Veterans' Coffee



Wednesday, September 21 at 10 AM

Join Tom Moran, Veteran Liaison with Compassionate Care Hospice, to have coffee and to converse about years in the service. Tom was in the Army branch and was in The National Guard for 13 1/2 years. All are welcome. Please call to RSVP 781-275-6825.

CONTENTS

Just for Fun	2
FBCOA	3
Fitness News	4
Evenings	5
Calendar	6
Trips/ Movies	7
For Your Health	9
Need to Know	10

✿ JUST FOR FUN ✿



Happy Birthday to YOU!

Join us at the Council on Aging for YOUR birthday! Each month, Vicky honors every senior who has a birthday that month. Join us for cake on **Saturday, September 3** if your special day is in September!

Breakfast and BINGO

Tuesday, September 20 at 9:30 AM

Brightview is back at the COA! Come play for a chance to win some **GREAT** prizes! Breakfast and prizes will be provided by Brightview Concord River. Please sign up by calling (781) 275-6825.



Name That Tune!

A monthly favorite at the Council on Aging, Karen from Concord Health Care, will be back to present an afternoon of music and fun on **Monday, September 19 at 12:30 PM**. Enjoy a snack while you try to recognize some of these old favorites! Please sign up in advance by calling (781) 275-6825.

Fall Lunch at the Bedford COA!

Thursday September 29th at 11:30 AM Bring in the fall and

come for lunch catered by Newbury Court Retirement Community in Concord. Limit of 40 participants. Please sign up to participate. See you there!



PICKLEBALL—NEW AND POPULAR

Please go to this website for latest updates on this growing and popular sport in Bedford.

Games are played weekly indoor and outdoor and instruction with equipment is always available. Try something new, this might be for you!

<http://www.usapa.org/places-to-play-pickleball/>

Click on MA for state and the list is alphabetical by town.



Have Lunch at the Bedford Café!



A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 AM on Mondays, Wednesdays, and Fridays. Menus are available at the COA. **Reservations are required** even if you have established a regular schedule. To sign up, call Lisa at 781-275-8542 at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3.



Adult Coloring

For Therapy ...or Just for Fun!

Fridays September 2 & 16 at 12:30pm

Come and join volunteer, Louise St. Germain for this therapeutic (just for fun) adult coloring session. Adults have rediscovered this universal childhood activity and many find it therapeutic! Come and be with your peers to embrace the new craze. Not only will we create unique art on printed sheets, but also build up those fine motor muscles and be able to do more with our hands. Pre-printed pages will be provided along with coloring pencils. Use ours or bring your own! Come and relax with us!



Are ready for some laughs? If yes, then bring your sense of humor and come enjoy Trivia

Time on **Wednesday, September 28 at 12:30 PM!** Join Jenn Quinn, Owner/President of ComForCare Home Care, for a fun game about Entertainment, Sports, Music, History (including Bedford History) and much, much more! Truly anything goes so everyone has the chance to contribute in their area of expertise. Let's see who is tops in trivia! Call the COA to sign up!

Concord Park Assisted Living will conduct a discussion on **"Staying Healthy in your older Years" on September 30th at 12.30pm.**

Aging can be defined as: "progressive changes related to the passing of time." While physiological changes that occur with age may prevent life in your 70s, 80s and beyond from being what it was in your younger years, there's a lot you can do to **improve your health** and longevity and **reduce your risk for physical and mental disability** as you get older. Please join us.



Do you like playing Chess?

The Chess Group meets on Thursdays at 2:00 PM! If you want to play, or learn, please join us.



Volunteers Needed!

We are seeking volunteers to help serve lunch at the Bedford Café on Mondays, Wednesdays, and Fridays. For more information, please call Lisa at 781-275-8542. Meals on Wheels drivers are also needed. To volunteer as a driver, please call Diane at 781-221-7093.





'BODIES IN MOTION' with SUSAN FUNK Thursdays at 10:00am

Any artist feels, at one time or another, the challenge of realistically drawing a body in motion. This class hopes to dispel that frustration with lessons in observing and measuring. While we know what we are looking at, the trick is in drawing what you see, not what you know. While this may be an oversimplification, with practice, you can conquer portraying those moving targets! In this class we do not work from live models. Various photos of people moving are our subject matter. This gives the student time to study and measure what body part is lining up with what other body part. Artists of all levels, including newcomers, are welcome. Supplies: #2 Pencils, erasers, paper, & whatever media you choose for color. This 6 weeks session begins **September 22nd. Sessions are \$30**, part funded by the Jacob Wren Throckmorton Memorial Art Show.



Park Avenue Health Center of Arlington brings a wonderful presentation, discussion and luncheon to the COA on **September 15th at 11.30am**. The subject matter will be on the surprises and interesting tidbits on hospital readmissions. Please join us for an informative, interesting afternoon. Lunch numbers are limited, please call the COA to sign up.

FREE Introduction to Beginner Scottish Dancing

**Tuesday September
20th 1pm to 2.30pm.**



Scottish dance, a form of folk dancing (and formal dancing), is taught in Scotland and around the world. Both men and women dance in schools, village halls, castles and army barracks. Think Riverdance with ballet moves. Performed in couples, but you do not need to come with a partner to dance. It is a great way to meet others! This introduction is a modified form, less strenuous but provides great physical and mental exercise, with some fantastic Scottish dance bands music. Come and see what it is all about. Wear comfortable clothing (kilt is optional) and flat, soft-soled shoes. Come and have fun! Please sign up!.

Adults with foot problems and Diabetes!

Is Medicare your Primary Insurance? If so, you are eligible to receive a pair of diabetic shoes and inserts at little or no cost to you if you are Diabetic! Also accepting private pay for Non Diabetics. Please call the COA to arrange your 10 minute fitting appointment on **September 27th from 9am—noon**. (Tufts Medicare Preferred you must call for a prior Authorization.) Please bring your Medicare card and any other supplemental insurance cards as well as the completed doctor's order; available at the COA.



Questions? Call Amy Baxter at Pro Medical East 603-944-1311.

BEING MORTAL

Monday September 26th at 6.30pm

Join us for a viewing and discussion of the film *Being Mortal* based on Atwul Gawande's ground breaking book. Dr. Gawande is a renowned *New Yorker* writer and Boston surgeon who explores the relationships doctors have with patients who are nearing the end of life. The film, *Being Mortal*, investigates the practice of caring for the dying, and shows how doctors, himself included, are often remarkably untrained, ill-suited and uncomfortable talking about chronic illness and death with their patients. Follow up discussion led by Jenn Quinn, ComForcare Home Care Owner/President.

Understanding Estate Planning from Health Care Proxy, Wills, Trusts, Estate Taxes, Long Term Care Protection and Insurance Products Thursday September 22nd at 1.00pm

Atty. Dale Tamburro will be here discussing steps to take in advance of death or disability, organizing basic, but key documents and Beneficiary information. Dale will discuss basic estate planning terminology and explain how to avoid Probate with HCP, DPA and LWT. The presentation will cover the ABCs of Trust and basics to protect your home if you need Long Term or Nursing Home care. Please sign up for the lecture. Dale will offer (free of charge) three 45 minute appointments from 9.30am. Please call the COA to schedule your individual appointment or for more information.

If you would like to be reminded when it is time to renew your dues, please email Christine McGovern: go2christo@netscape.net with FBCOA in the subject line.

The BJ's Membership number has changed. Please renew your FBCOA card to receive the updated account number!

The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.

FBCOA Annual Member- ship Dues 2016—2017

INDIVIDUAL	\$5.00	_____
FAMILY	\$7.00	_____
CONTRIBUTION		_____
TOTAL	\$	_____
(Tax deductible contributions gratefully accepted)		
NAME	_____	_____
ADDRESS	_____	_____
TOWN/ZIP CODE	_____	_____
EMAIL:	_____	_____



Fitness News



MORNING EXERCISE CLASSES

5 classes per week for \$50/month - only \$2.30 per class!
 3 classes per week for \$45/month - only \$3.20 per class!
 2 classes per week for \$35/month - only \$3.89 per class!
 1 class per week for \$20/month - only \$4.62 per class!

How are the classes different you ask?

*Mondays' classes (9:00 AM) are taught by Andrea Dollett, a long-time instructor here at the Bedford Council on Aging. Her class is our most intense class of the week, with an optional 30 minute Pilates class following an hour of aerobics and weights.

*Bedford Local Sharon Cummings teaches on Wednesdays (9:00 AM) and Fridays (9:00 AM). These classes are a combination of aerobic exercise and strengthening, stretching and balance work. These two days are our middle level classes.

*Tuesday (9:30 AM), taught by Rita Khoury and Thursday (10:00 AM), taught by Madeline Shaw-Moran. These classes focus more on joint strengthening, stretching and balance. These classes are our lowest impact morning exercise.

Come join us!
Your body will thank you!

Drop in rate for the above classes is \$5 /day



OsteoFitness: Building Bones Building Bonds!

Beverly J. Ikier, a senior fitness specialist and educator, has partnered with the Bedford Council on Aging to teach alternate approaches to combating various health issues. OsteoFitness™ for Osteoporosis and Osteoarthritis is more than just strengthening. This is an evidence based program to build bone. The class boasts of many members who have reversed their osteopenia/osteoporosis without bisphosphonates. Falls prevention is developed. OsteoFitness™ classes are held on Tuesdays and Fridays at 11:00 AM at the COA. Classes now include Stress Management in every class as stress is a deterrent to bone building. Holistic disciplines are woven throughout the class to improve the immune system. \$168 per 20-class session. Please visit the COA or call to register at (781) 275-6825.

Next session dates: 8/23-11/1

WELLNESS FOR YOUR MIND, BODY, AND SPIRIT

CHAIR EXERCISE: Working from the safety and comfort of either a chair or exercise ball—workout for the entire body— this class uses multiple strength training moves to develop range of motion; flexibility; endurance; and balance. Weights, straps, and bands will be used. We will work our core, arms and legs. **\$65** per 8 week session (Wednesdays at 12:30 PM w/Madeline)

CHAIR YOGA: A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Includes 30-minutes of meditation at the end. Mondays at 9:30 w/ Lorraine or Fridays at **10:00** w/Helen; **\$65** per 8 week session *Take both for just \$120!

TAI CHI: Tai Chi (pronounced "Tie Chee") is a mind-body exercise from China and has its roots in martial arts. Because of its soft, gentle movements and deep breathing it is sometimes called "Moving Meditation". Thursdays at 1:00 taught by instructors from the Oriental Healing Arts Association. **\$65** per 8 week session.

ZUMBA GOLD: Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination; **\$65** per 8 week session. Tuesdays at 4:00 PM w/Vera.

**Drop in rate for the above classes is
\$10 per day**

TAP DANCE

Chuck Frates' popular Tap Dancing class takes a summer break! Watch for his classes to return on Tuesdays after Labor Day. Also, keep your eyes open for these talented tappers at the Bedford Day parade!



Pre-registration is required for all classes. Please let us know if you have any questions.

Evenings at the COA

Caregiver & Bereavement Support Group

Anne Marie Rowse, a geriatric care manager and Chaplain is now offering a FREE Caregiver & Bereavement Support Group September 12, October 3, November 14 and December 12; 3-4:30pm. For those who want to talk privately about resources or one on one support, Anne Marie will stay until 5pm. This group is open to residents from any town. For more info, please write amarowse@charter.net or call her at (508) 479-0652. Sign-up not necessary. This program is supported by both the Bedford & Carlisle Council on Aging. Anne Marie Rowse, BS., LNHA, CMC, Chaplain and Principal of Senior Care Advisors, LLC is a geriatric care manager. She has over 30 years of experience in the field of health care and is studying at Boston College's Theology School and is a Chaplain at her local hospital. Anne Marie volunteered to facilitate a Caregiver & Bereavement Support Group for those caring for aging loved ones experiencing challenges, including chronic diseases, stroke, heart and pulmonary disease, Alzheimer's/dementia related conditions as well as current information for family members or elders themselves looking for health care info, coping skills, dealing with loss, life's transitions and enhancing life. Anne Marie will also provide info for those coping with loss and requiring more support in their life.

COA CINEMA 6:45 PM

September 7 *Across the Universe* (2007) PG-13 In this musical mix of live action and animation featuring songs by the Beatles, Liverpool dock worker Jude falls for Lucy on an excursion to America in the 1960s. But when Lucy's brother is drafted, Jude and Lucy take a stand as anti-war activists.

September 14 *45 Years* (2015) R Geoff and Kate Mercer's plans for a 45th anniversary party are upset by some unexpected news: A body found in the Swiss Alps has been identified as Geoff's long-ago love Katya, who perished in an accident 50 years earlier.

September 28 *What's Eating Gilbert Grape* (1994) PG-13 Gilbert Grape lives in Endora, a place where nothing much happens. One day Becky and her grandmother pass through Endora getting trouble with the car. Gilbert falls in love with Becky, but gets problems when he tries to find time for his own private life.



I feel sad: Am I depressed? Is Grief the same as Depression? Sadness versus Depression:

Please join Ed Alessi on September 21st at 6.30pm for an interactive workshop on sadness vs. depression and grief. Ed will discuss the nature of depression in older people

and how it differs from young people who are depressed and outline the concept of grief. This program examines the different treatment modalities. All are welcome.

"Tired of Taking One More Pill? Try Acupuncture!"

A safe, effective non-pharmaceutical treatment Modality" Join Dr. Suraja Roychowdhury, licensed Acupuncturist and Chinese Medicine Herbalist, on **September 7th at 6.30pm** for a fun, informative and interactive talk about Traditional Chinese Medicine and Acupuncture. We will learn about its use for managing pain and other disorders. Light refreshments will be served. Sign up is requested.



Bedford Council on Aging Services

In addition to the many educational and recreational programs offered, we offer a variety of services to older adults and their caregivers including:

- ◆ Senior service evaluation and coordination
- ◆ Senior-related crisis intervention
- ◆ Assistance in choosing housing, including assisted living and nursing facilities
- ◆ Transportation to medical appointments
- ◆ Help in obtaining public benefits
- ◆ Health benefits counseling
- ◆ Job placement through the Town and in the private sector
- ◆ Home Safety evaluations to identify potential fire, crime, falling, and other hazards
- ◆ Legal counseling by an attorney
- ◆ Tax preparation by AARP/IRS volunteers

Elder Services Coordinator, Wendy Aronson is available for consultation either in-person by appointment or by phone at (781) 275-6825. If you are a family member or caregiver of a senior, Wendy can help you access the information and resources that best suit your needs. Please do not hesitate to call!

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆
 ☆ Folk & Line Dance! ☆
 ☆ ...at the Council on Aging ☆
 ☆ on Mondays *exactly* at ☆
 ☆ 7:00 PM with your 'two ☆
 ☆ left feet' for folk & line ☆
 ☆ dance lessons. We'll teach ☆
 ☆ you from the first step! ☆
 ☆ Soft-soled shoes ☆
 ☆ preferable. Jim Banks is ☆
 ☆ offering these classes free ☆
 ☆ of charge! Please join us! ☆
 ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:00 Muscle Care 10:00 Exercise 11:00 Duplicate Bridge/ Dog Bones/ 1:00 Current Events/ Tai Chi 2:00 Chess 3:00 Handcrafts	9:00 Exercise Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:30 Adult Coloring 1:00 Scrabble/ Line Dancing	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool Monthly Birthday 1:15 Movie: Race
 CLOSED	5 9:30 Exercise 11:00 Dup. Bridge/ OsteoFitness 1:00 Writing Group 4:00 Zumba Gold/ Acupuncture 6:00 Pickleball High School Court 7:30 Single Again	6 9:00 Exercise 10:00 Computer Club 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 12:45 CPAP 6:30 Sit 'n Stitch/ Learn to Stitch/Carving/ Tired of More Pills? 6:45 Movie: <i>Across the Universe</i>	8 9:00 Muscle Care 10:00 Exercise 11:00 Dog Bones/ 1:00 Current Events/ Tai Chi 2:00 Chess 3:00 Handcrafts	9 Podiatry 9:00 Exercise Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:45 Medicare Abuse 1:00 Scrabble/ Nurse's Hours/ Line Dancing 1:15 Grief Group	10 11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>The Finest Hours</i>
9:00 Exercise 9:30 Chair Yoga 10:00 BINGO 11:45 Lunch 12:30 Rep. Gordon 1:00 Poker 3:00 Caregiver Group 6:30 Sit & Stitch and Silk Scalf painting and Brain Games 7:00 Folk & Line Dance	12 9:30 Exercise 11:00 Dup. Bridge/ OsteoFitness 11:30 COA Board 1:00 FBCOA 4:00 Zumba Gold/ Acupuncture 6:30 Pickleball (HS) 7:30 Single Again/ Great Books	14 9:00 Exercise 10:00 Genealogy 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 12:45pm Padster 1:00 Coastal Maine 6:30 Sit 'n Stitch/ Learn to Stitch/carving 6:45 Movie: <i>45 Years</i>	15 9:00 Muscle Care 10:00 Exercise/ Hearing 11:00 Duplicate Bridge/ Dog Bones 11:15 OsteoYoga 11:30 Park Ave. Lunch 1:00 Current Events/ Tai Chi 2:00 Chess 3:00 Handcrafts	16 9:00 Exercise 10:00 Chair Yoga/ Sit 'n Stitch 10:30 Commission for the Blind Pres. 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:30 Adult Coloring 1:00 Scrabble/ Line Dancing 6:00 Pickleball (In)	Bedford Day 17 11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Eddie the Eagle</i>
19 9:00 Exercise 9:30 Chair Yoga 10:00 Science & Tech: Botany of Desire 11:45 Lunch 12:30 Name That Tune 12:30 Medicare Pres 1:00 Poker 6:30 Sit & Stitch/ North Africa Brain Games 7:00 Folk & Line Dance	20 9:30 Exercise/ Breakfast & BINGO 11:00 Dup. Bridge/ OsteoFitness 1:00 Writing Group 1:00 Scottish Dance 4:00 Zumba Gold/ Acupuncture 6:30 Pickleball (HS) 7:30 Single Again	21 9:00 Exercise/ 10:00 Vets Coffee 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise/ Woodstock Memories 6:30 Sit 'n Stitch/ Learn to Stitch/carving Why Are You Sad?	22 Mt. Auburn Cemetery 9:00 Muscle Care 10:00 Exercise/ Art w/Susan 11:00 Dog Bones 11:15 Osteo Yoga 1:00 Dale Tamburro Current Events and Tai Chi 2:00 Chess 3:00 Handcrafts	23 9:00 Exercise 10:00 Chair Yoga/ Sit 'n Stitch 11:00 OsteoFitness/ 11:30 Board Games 11:45 Lunch 12:45 When to Ask for Help 1:00 Scrabble/ Line Dancing 6:00 Pickleball(In)	24 11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>My Big Fat Greek Wedding 2</i>
26 9:00 Exercise 9:30 Chair Yoga 11:45 Lunch 1:00 Poker Nurse's Hours 6:30 Sit & Stitch/ Being Mortal Brain Games 7:00 Folk & Line Dance	27 9:00 Shoe Clinic 9:30 Exercise 11:00 Dup. Bridge/ OsteoFitness 1:00 Book Discussion 1:00 Scottish Dance 4:00 Zumba Gold/ Acupuncture 6:30 Pickleball (HS) 7:30 Single Again	28 9:00 Exercise 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise/ Trivia! 6:30 Sit 'n Stitch/ Learn to Stitch/carving 6:45 Movie: <i>What's Eating Gilbert Grape</i>	29 9:00 Muscle Care 10:00 Exercise/ Art w/Susan 11:00 Duplicate Bridge/ Dog Bones 11:15 Osteo Yoga 11:30 Newbury Court 1:00 Current Events/ Tai Chi 2:00 Chess 3:00 Handcrafts	30 9:00 Exercise 10:00 Chair Yoga/ Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:30 Concord Park 1:00 Scrabble/ Line Dancing/ 6:00 Pickleball (In)	

Heating & Air Conditioning
 your heating & cooling needs
 126th Street
 83.6000
 400-2600

414-476-PAUL (7285)
 Paul Leow, Parishoner
 • BRAVES • TUNE-UPS • OIL CHANGES

JOIN TODAY
 302-962-2000

Your Ad Here
 SUPPORT OUR COMMUNITY THROUGH LOCAL ADVERTISING
 Contact Lisa Templeton to place an ad today!
 LTempleton@4LPi.com or (800) 477-4574 x6377

... we're Ideal:
 associated with this ad
 FREE ESTIMATES
 414 358-2505 • 24 hours

www.gearydentistry.com
 12769 W. North Ave., Suite A
 Brookfield, WI 53005
 Conveniently located on the border of WI & IL

THIS SPACE IS
AVAILABLE

Don't Forget These Ongoing Activities

Bingo! All are welcome on Monday, September 12 at 10:00 AM for a chance to win token gifts.

Songfest Wednesdays at 10:30! All are welcome to join this fun and spirited sing along!

Play Scrabble! Do you love to play Scrabble? Then come to the COA Fridays at 1:00 to play!

Texas Hold 'Em Poker! Join the game each Monday at 1!

Handcraft Group Bring your own handcraft projects and chat on Thursdays at 3:00! New members always welcome!

Play Mah Jongg! Wednesdays at 11:00, Fridays at 11:30. All are welcome! Lessons available!

Play Duplicate Bridge! Please call ahead to put your name in for substituting. (Tuesdays & Thursdays at 11:00)

Science & Tech Club Join us Monday, September 19 at 10:00 AM for this exciting conversation!

Talk to Your State Rep Ken Gordon will be here on September 12th at 12.30pm.

Are You A Federal Retiree? Rosemary Dyer is available to answer questions about your benefits. Please call the COA to arrange a meeting.

Current Events This volunteer-lead discussion keeps the topics interesting each week! The group meets on Thursdays at 1:00. All are welcome!

Genealogy Explore your family tree on Wednesday, September 14 at 10:00 AM

Nom de Plume Writers Group meets the first and third Tuesdays of every month at 1 PM. Do an exercise, share your work, and get feedback! New members welcome!

Single Again Are you finding yourself single again as an adult 55 or older? Please join us every Tuesday evening at 7:30 for an informal discussion group.

Line Dancing with Katrina Fridays at 1 PM. The class costs \$3 (paid to instructor).

Discover Tap Dance! Chuck will have you tapping on Tuesdays at 11:00! Each 8-week session is only \$65. Don't forget your tap shoes!

Bedford-Lexington Great Books Meets in the Flint Room at 7:30 PM on Sept. 13: Doerr, Anthony, *All the Lights We Cannot See* bed-lexgreatbooks@comcast.net
Newcomers are always welcome!

Learn to Stitch! Join the crafters on Wednesdays at 6:30 PM.

Chess Hone your skills or learn! Thursdays at 2:00 PM.

Pickleball: Check out Page 2 for details.

Veterans Services The Lexington/Bedford Veterans Services Department provides information regarding federal, state and local resources and benefits for Veterans. Please call Gina Rada, District Director of Veterans Services at 781-698-4848.

Saturday Movies begin at 1:15 PM

September 3 *Race (2016)* PG-13 While Hitler saw the 1936 Berlin Olympics as an opportunity to demonstrate Aryan supremacy, one African-American man -- Jess Owens -- shattered that dream with a display of athleticism that resulted in four gold medals. This film tells his story.

September 10 *The Finest Hours (2016)* PG-13 Recounting one of the most heroic tales in the annals of the U.S. Coast Guard, this tense maritime thriller traces the daring rescue of the crew aboard two oil tankers; both vessels were torn in two by the furious waves of a gigantic Atlantic storm.

September 17 *Eddie the Eagle (2016)* PG-13 Forever endearing himself to the British public, Eddie "the Eagle" Edwards becomes the first Englishman to compete in the Winter Olympics ski jump, relying on valor to make up for his lack of experience and bad eyesight.

September 24 *My Big Fat Greek Wedding 2 (2016)* PG-13 In this screwball sequel to the 2002 hit romantic comedy, there's a new wedding on the horizon for the wacky Portokalos clan -- and with it comes a new assortment of family crises and secrets.

Thanks to the FBCOA for our funding!

Trips! Trips! Trips!

Tour of the Mount Auburn Cemetery and Lunch at Jasper Whites Summer Shack-- September 22, 2016

9:00am—3:00pm \$50 per person (Limit 10)

More than 200,000 visitors of all ages come to Mount Auburn each year to visit historical graves, participate in educational programs, explore the many facets, and commune with nature. Come discover what makes Mount Auburn a national treasure. Mount Auburn is first and foremost a cemetery, but it is also a National Historic Landmark, a botanical garden, an outdoor museum of art and architecture, and a habitat for urban wildlife. The guided tour will combine walking and riding. Lunch, on your own, will be at Jasper Whites Summer Shack. At the Summer Shack, rustic dishes like steamed lobsters and crabs, fish cakes, fried chicken and burgers are served alongside modern preparations influenced by world cuisines, grilled local seafood and the best raw bar in town. **Call the COA to reserve today!**

All trips depart from the Bedford Town Hall parking lot in front of the police station unless otherwise noted.

THIS SPACE IS
AVAILABLE

LET US PLACE
YOUR AD HERE.

Brown & Brown, P.C.

COUNSELLORS-AT-LAW

www.brown-brown-pc.com



110 Great Road
Bedford, MA

781-275-7267

- Asset Preservation • Medicaid Planning
- Real Estate • Wills • Trusts • Estates

MEAD BROS. TREE SERVICE, INC.

1-781-275-7787



All aspects of tree service
Fully Insured

30 Shawsheen Ave., Bedford



Rob's Handy Home Service

REPAIRS, INSTALLATIONS, IMPROVEMENTS,
PAINTING, SNOW BLOWING, AND MORE

PLEASE CALL US: 781-999-5731

RobsHandyHomeService.com



Debbie Spencer

Associate Broker/REALTOR®/CRS/SRES



Office: 781-862-1700

Mobile: 617-285-7300

Fax: 781-323-5101

Debbie@TheDebbieSpencerGroup.com

www.TheDebbieSpencerGroup.com

KW BOSTON NORTHWEST
KELLERWILLIAMS REALTY

2013 Bedford Chamber of Commerce
Business Woman of the Year

HELP PROTECT YOUR FAMILY

CALL NOW! 1-888-862-6429



HOME SECURITY TEAM

#1 INDEPENDENT
Real Estate Agency



Bedford: 781-275-1990

Lexington: 781-862-1700

www.higginsRE.com

PROTECTING SENIORS NATIONWIDE

PUSH

TALK

24/7 HELP



\$19.95*/Mo. + 1 FREE MONTH

- No Long-Term Contracts
- Price Guarantee
- American Made

TOLL FREE: 1-877-801-5055

*First Three Months

**HOLIDAY
SPECIAL**



our SENIOR CENTER

The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior newsletter
emailed to you at www.ourseniorcenter.com



P-S BERUBE Construction

First Floor Living Space Additions

In-Law Apartment • Master Bedroom & Bath

Home-for-Life Adaptable Designs

978-597-2020

psberubeconst.com • info@psberubeconst.com

LAW OFFICES OF RENEE LAZAR

MILITARY AND FAMILY LAW • GUARDIANSHIPS



4308 THOMPSON FARM • BEDFORD, MA 01730

978-844-4095

FREE CONSULTATION • WWW.RENEELAZARLAW.COM



People are looking
for your business.

Help them find it
by **advertising here.**

Call LPi today at 1- 800-888-4574

Law Office of Dale J. Tamburro

Providing Comprehensive Legal Services
to families of all income levels for the past 25 years.

FREE INITIAL CONSULTATION 617-489-5919

Dale@TamburroLaw.net

ESTATE PLANNING: Disability, Nursing Home Planning,
Wills, Trusts, Power of Attorney, Elder Housing Options
Protecting your home from Long Term Care Costs

PROBATE: Conservatorships, Guardianships and Estates

REAL ESTATE: Closings/Titles, Deeds,
Purchase and Sale, Financing Options, Reverse Mortgages

www.TamburroLaw.com • 90 Concord Ave. Belmont, MA

FAMILY DENTISTRY

Dianne Bridgeman, B.S.N., D.D.S.

"Your Smile Reflects Our Commitment to Excellence"



- State of the Art Equipment
- Thorough, Compassionate Dental Care
- Accepting New Patients
- Free Parking

781-275-7153

41 North Road, Suite 107,
Bedford



www.DianneBridgemanDental.com

For Your Health



Nurse's Hours
On **Friday, September 9 & Monday September 26**, Joyce Cheng, Community Health Nurse, will be at the COA at 1:00 PM to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

Podiatry

Dr. Bryant Tarr will be at the COA from 8-11 AM on **Friday, September 9**. Please call to let us know you are coming. This is a "first come, first served" clinic.

The cost is \$30 for each treatment.



Free Hearing Clinic
Apex Hearing Care, LLC Custom Fit and Service Hearing Aids
Owner, Joseph J. Sarofeen, is offering free hearing screenings and checks on existing hearing aids and instruments. Appointments are available on **Thursday, September 15** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

SHINE

(Serving the Health Insurance Needs of Everyone) Counselors from Minuteman Senior Services will be available: Tuesdays: September 6th, 20th and 27th from 9-12; Please call to make an appointment! If you cannot leave your home, they will call you.



CPAP and APNEA Support Group

This support group is to help those trying to adapt to the use of CPAP machines. While it will be moderated, it will not normally include medical professionals. It is designed to let users share their solutions and experiences with the object of letting new users know that they are not alone and others have found solutions that have enabled them to benefit from CPAP. The moderator, a CPAP user, is an experienced designer of medical equipment and has found many places for useful information and purchase



of inexpensive supplies and masks. Come join us **Wednesday September 7th at 12.45 PM**. The moderator is available by email on dach2010@gmail.com

Grief Support Group

Please join Marjie Cahn, LICSW, EdD on Friday, **September 9 at 1:15 PM**. This group will focus on recent loss & coping strategies for everyday life today, and going forward. Please be prompt! No admittance after group begins. Limit 8. Closed door sessions. Please sign up at the Council on Aging to reserve your spot.



Commission for the Blind Presentation

September Friday 16th at 10.30am.

Cathy Webster, Senior Supervisor, will discuss normal changes in vision and causes of blindness. She will outline all services provided by the Commission including resources and equipment. Recognizing vision loss is key and Cathy will explain the psychological impact of such loss. All welcome and encouraged to attend to learn more about vision loss.

Acupuncture Clinic
With Dr. Suraja Roychowdhury
\$35 per visit
Tuesdays 4-8 PM
Please call
(610)731-5030 for an appointment

Muscle Care Clinic
With
Wayne Durante, LMT
\$10 for 10 minutes
Thursdays beginning
at 9:00 AM
Please call the COA for an appointment
781-275-6825



Take a Hike

Keep an eye out for Tuesday and Thursday hikes beginning September 6th. Limit 18 hikers per trip. Please contact Susan: slgrieb@comcast.net to be added to the mailing list.



Cycling for Seniors

A series of bicycle rides for active seniors. All rides will start in front of the COA at 10AM. If you would like to be put on a list to be notified of upcoming rides send an email to Jack Donohue (jmdonohue@alum.mit.edu). Rides will be 15-20 miles long, depending on the preference of the riders. You should be able to maintain an average pace (including hills) of at least 10mph, and have a multi-speed bike in good condition. We'll try to stay mostly on back roads, but we will spend some time on busy roads, so you should be comfortable riding with traffic. After the ride, we'll have coffee and snacks at the COA.



Join Our Lunchtime Walkers!

This is an informal walking group that walks either before or after lunch Monday, Wednesday and Friday. Groups walk indoors near the COA anywhere from 10:30 AM-1:00 PM. Please join us! Stairs, ramps or levels surfaces to choose from!

What You Need to Know

NEW!! Evening Computer Drop-In

Wednesdays 7-9PM • By appointment only
Please sign-up at the Council on Aging
Bring your questions, laptop, ipad, kindle
(whatever you need help with)

MEDICARE

Open Enrollment Info Session:

Things you should do every year!

It's that time of year again! Medicare open enrollment starts on October 15 and ends December 7, 2016. SHINE representatives from Minuteman Senior Services will be providing an information session at the COA on **Monday September 19th at 12.30pm**. SHINE provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling. Please RSVP by Friday the 16th so that we know how many people to expect. If you need assistance before then, please contact the COA on 781-275-6825 to make an individual, free and confidential appointment with one of our volunteer SHINE counselors.



NEW Yoga for Osteoporosis at 9.15am

In this 8 week intro session, you will engage in a practice to support bone strength. You will learn 12 poses that specifically help to regain and maintain bone strength. These poses are based on the scientific research of Dr Loren Fishman, which has been shown to enhance bone strength, improve balance, aid in co-ordination, increase range of motion and reduce anxiety. There is also a breathing and meditation component to this session, which aids in alleviating stress and centering mind and body to support bone health too. You will be guided in setting up a daily home practice of these poses for maximum benefit. \$65 for 8-weeks beginning Thursday September 15th.



*Maintenance Yoga for Osteoporosis at 11.15am

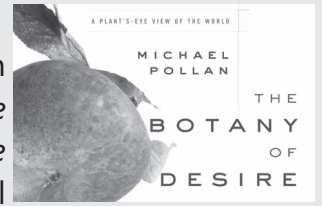
This 8 week MAINTAINANCE session is for participants who have already taken the introductory session with Helen. \$65 for 8-weeks beginning Thursday September 15th.

Talk with Representative Gordon, Monday September 12th at 12:30pm

Meet with our local Representative, Kenneth Gordon to discuss items on the state level.

The Botany of Desire

Join the Science & Tech group for a look at *The Botany of Desire: A Plant's Eye View of the World* by Michael Pollan.



This group is a general interest group...No need to feel intimidated. If you have an interest in science, we would love you to join us!

Flowers. Trees. Plants. We've always thought that we controlled *them*. But what if, in fact, *they* have been shaping *us*? *The Botany of Desire* takes viewers on an exploration of our relationship with the plant world—seen from the *plants'* point of view.

On **Monday, September 19 at 10 AM**, join us at the Council on Aging for Chapter 1—Sweetness. *The Botany of Desire* traces the apple's journey from its origin in the ancient forests of Central Asia, across the Silk Road to Europe, and eventually to America. We will learn how this bitter fruit, only useable for hard cider, became the fruit we know today. And Chapter 2—Beauty. This chapter discusses the wild success of the tulip. Like the apple, tulips began their story in Central Asia, traveling to the Netherlands where 'tulip mania' began.

Stay tuned next month for Chapter 3—Intoxication, exploring the allure of cannabis, and Chapter 4—Control, which discusses the farming of the potato.

Computer Club

Meetings will continue on the 1st Wednesday of each month through the year. Please join us! A round table discussion will be held on **Wednesday September 7 at 10:00 AM**.

Computer Drop-In

Our friendly Computer Club volunteers will be here on Tuesdays and Thursdays at 2:00pm to help those with questions about any aspect of computer use. Please call the COA to arrange an appointment or email BCOACC@verizon.net.

Get Answers by Email!

Todd Crowley answers computer questions of Bedford residents by email! Simply send your questions to AskToddC@yahoo.com

THE COMPUTER CORNER



ELECTRICAL PROBLEM?

Call James M Stander
Master Electrician
**Residential
Commercial**
978-580-5020
30 years serving
Bedford

Ask for senior discount
Lic #9770-A

ComForCare
HOME CARE



Companionship

Personal Care

Owner: Jenn Ashe Quinn

Dementia Care

978-256-2468

www.comforcare.com/massachusetts/westford



ExcelCenter

FOR NURSING AND REHABILITATION AT LEXINGTON

Short term rehab & long term care

Excel Center for Nursing & Rehabilitation at Lexington is proud to offer a variety of therapies and skilled nursing services to the Lexington community and surrounding areas.

Seven days a week!

- Physical Therapy • Speech Therapy
- Occupational Therapy

**We accept all major insurances as well as
Medicare & Medicaid**

Located in historical Lexington,
our 24/7 nursing staff provides
individualized care to its residents
enabling us to ensure the safest,
quickest recovery possible.



For more info, contact the admissions director

tel 781-861-8630 fax 781-861-1099 email info@excelcenterlexington.com
840 Emerson Gardens Road . Lexington, MA 02420

Always nice to have
a helping hand

781.276.1910

www.cwathome.org



AT HOME
CARLETON-WILLARD

LET US PLACE YOUR AD HERE.

Heating & Air Conditioning
your heating & cooling needs
126th Street
783.6000
Hoscheider

414-476-PAUL (7285)
Paul Leow, Parishoner
• BRAKES • TUNE-UPS • OIL CHANGES
• TIRE ROTATIONS • FLUIDS
202-962-0620

Your Ad Here
SUPPORT OUR COMMUNITY THROUGH LOCAL ADVERTISING
Contact Lisa Templeton to place an ad today!
LTempleton@4LPi.com or (800) 477-4574 x6377

... we're Ideal!
associated with this ad
FREE ESTIMATES
414-358-2505 • 24 hours

www.gearydentistry.com
12709 W. North Ave., Suite A
Brookfield, WI 53005
Conveniently located on the border of
Illinois, Wisconsin and Indiana. We speak 16 languages.

THIS SPACE IS AVAILABLE

DAVIDSON LAW OFFICE

110 The Great Road, Bedford, MA
(781) 275-0222

*Customized Representation
and Responsive Service*

Wills • Trusts • Estates • Probate
Litigation • Criminal Defense • Divorce
www.davidsonlawbedford.com



DEMONSTRATION OF PADSTER CUSTOMIZED TABLET COMPUTER FOR SENIORS

Wednesday, September 14 at 12:45 PM

Join Bedford residents Eric Plugis and Gunnar Larsson for a demonstration of Padster - an easy to navigate tablet computer. Designed and developed by Eric and Gunnar for senior citizens on the principle that less is more, Padster is a powerful communications device, entertainment center, and a safe-keeper of your photos and contacts without the clutter and confusion of too many features and technical terms. The Bedford COA is the first ever test site, looking for consumer opinion, on this exciting new product! Come and be the first to try out and learn more about Padster and offer your opinion! Call the COA to get on the list.

Dog B.O.N.E.S. Visits

Dog B.O.N.E.S. is an acronym for Dogs Building Opportunities for Nurturing and Emotional Support Stop in and visit with Mara & her dog Max who will be here Thursdays from 11-noon. Ann & her dog Kobi drop by every Saturday 11:30-12:30! Also, keep your eyes open for impromptu visits all week by other volunteers!



PROFESSOR KIENZLE: EVENING

AFRICA SERIES



Think "AFRICA" and what comes to mind? Elephants, lions and giraffes? Native people in villages, following ancient ways? Jungles, deserts, towering mountains? Ebola? Warlord dictators? Apartheid? Boko Haram? Pirates? Modern cities and vast resources? All this is true and more!! Professor John Kienzle (BA, MA, Ph.D.) will present a four part interactive lecture series on this fascinating continent and will analyze Africa by dividing the continent into four zones. In each zone Professor Kienzle will explain the history, the impact of European imperialism, the rise and fall of African empires and the extensive cultural and artistic contributions of the African peoples. We will see how Africa fits into today's global economy and international affairs. Sign up and join us on

September 19th at 6.30pm.

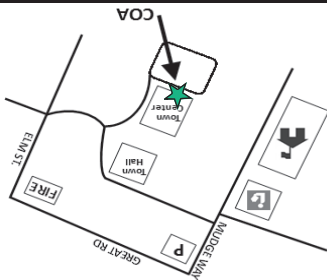
If you know of someone who would benefit from a 'Get Well' or 'Thinking of You' card, please give the details to staff at the COA Front Desk, along with an address, and the *Sunshine Lady* will send them along!



FBCOA 2017 Membership Dues by September 2016

Important note about trips and events:
You do NOT need to be a member of the FBCOA or a Bedford resident to attend a trip or event at the COA. Please join us!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Exercise 9:30 Chair Yoga 1:45 Lunch 1:00 Poker 6:30 Sit 'n Stitch 7:00 Folk & Line Dance	9:00 Fix It Shop 9:30 Exercise 10:00 Dog Bones 11:00 Duplicate Bridge 1:00 OsteoFitness 1:00 Writing Group 4:00 Zumba Gold 6:30 Pickleball 7:30 Single Again	9:00 Exercise Fix It Shop 10:30 SongFest 1:00 Mah Jongg 1:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch	9:00 Muscle Care 10:00 Exercise 11:00 Dog Bones 1:00 Current Events Tai Chi 3:00 Handcrafts	9:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 1:45 Lunch 1:00 Scrabble Line Dancing 6:00 Pickleball	11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie *PLUS MUCH MORE EVERY DAY! See Inside for details!*



**Address
Service
Requested**



COUNCIL ON AGING
12 Mudge Way
Bedford, MA 01730

PRESORTED
STANDARD
POSTAGE PAID
BEDFORD
PERMIT NO. 42